EATING WELL

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Diabetes Research

A recent article in the newsletter sent out by the Juvenile diabetes Foundation of the Roanoke Valley stated that diabetics who were on insulin may benefit by adding more fiber into their diets. The article discussed a recent study from the Annals of Internal Medicine (Vol. 88, page 482) which reported that eight diabetics who required insulin had increased amounts of fiber added to their diets. A comparison was made when they received 3 grams of dietary fiber and then 20 grams. When the high-fiber intake was used even though the insulin dosage remained the same, the mean blood sugar level was reduced by almost 50 milligrams. The study suggests that "substantial changes in the fiber content of the diabetic may be a useful means of lower plasma glucose in some diabetic patients."

As with any diet, changes should only be taken with the advice from your physician.

Here is a recipe that appeared in the same newsletter and which some of you might like to try.

DATE NUT CAKE

½ cup margarine
2 eggs
1 tbsp. liquid sweetner (equal to ½ cup sugar)
1 tsp. vanilla
½ tsp. cinnamon
½ tsp. ground cloves
2 cups self-rising flour
2 tsp. baking powder
1 cup chopped dates
1 cup chopped pecans
1-½ cups water-packed unsweetened applesauce

Mix the margarine, eggs, sweetner, vanilla, cinnamon and cloves until creamy. Sift four and baking powder; then add to creamy mixture. Fold in chopped dates, pecans and applesause. Mix again and pour into lightly greased pan (mini-bundt or 8" x 8") and bake at 350 degrees for about 45 minutes or until done. Yields 25 slices.

Exchange: ⅓ bread, ⅓ fruit, and 1-⅓ fat. 1 slice - 125 calories.

ELEMENTARY SCHOOL MENU

Tues., Sept. 4- Corn dogs, cole slaw, potato rounds, pock n' beans, madarine oranges, milk.

Wed., Sept. 5- Tuna salad on lettuce w/crackers, sliced bread, peas & carrots, apple cobbler, milk

Thurs., Sept. 6 - Beef ravioli casserole, buttered corn, rolls, banana pudding, orange juice, milk.

Fri., Sept. 7 - Spaghetti w/meat suace, garden salad w/dressing, rolls, purple plums, milk.

Mon., Sept. 10 - Chili con-carnie w/beans, rolls, cole slaw, peach cobbler, milk

Tues., Sept. 11 - Meat loaf, hot rolls, green peas, whipped potatoes, purple plums, milk

Wed., Sept. 12 - Sloppy Joe on bun, pork & beans, cole slaw, sliced pineapple, milk

Thurs., Sept. 13 - Bologna & cheese sandwich, tomato & lettuce salad, corn, fruit jello, milk

Fri., Sept. 14 - Hot dog on bun, mixed vegetables, potato triangles w/catsup, fruit cocktail, milk.

Mon., Sept. 17 - Beef-a-Roni, broccoli, rolls, applesauce, cookies, milk

Tues., Sept. 18 - Cheeseburgers, creamed potatoes, turnip greens, purple plums, milk

Wed., Sept. 19 - Pork barbecue on bun, coleslaw, potato tots peach pie, milk.

Thurs., Sept. 20 - Baked bean casserole, rolls, macaroni salad, corn, applesauce, milk.

Fri., Sept. 21 - Hot dog on bun, cole salw, peas & carrots, apple cobbler, milk

Mon., Sept. 24 - Round submarine sandwich w/salami, cheese, bologna, lima beans, sliced pineapple, milk

Tues., Sept. 25 - Spaghetti w/meat sauce, garden salad w/french dressing, hot rolls, applesauce, milk

Wed., Sept. 26 - Beef ravioli casserole, broccoli, rolls, banana pudding, orange juice, milk

Thurs., Sept. 27 - Oven battered fish w/catsup, rolls, green peas, cole slaw, fruit cup, milk.

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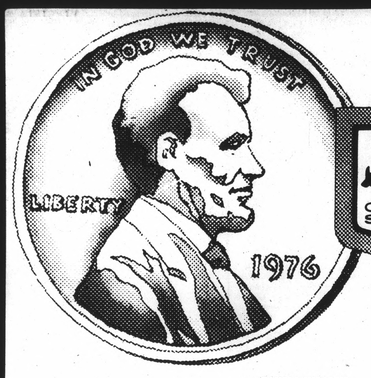

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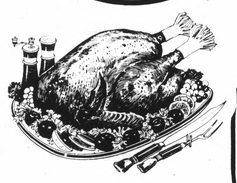

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4. Stores that give S&H Green Stamps have to charge slightly higher prices.		

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Gospel Sing To Benefit Danny Nichols

A Gospel Sing will be held Sunday, September 9, 1979 at 2:30 p.m. at Huddleston Elementary School in Huddleston to benefit Danny Nichols.

Singers on the program will be **The Palestine Quartet** of Huddleston, **The Good News Singers**, of Forest, and **The Jimmy Meadows Family** of Moneta.

There will be a free-will offering taken during the program for Danny Nichols who was seriously injured in a jeep accident and is a patient in the University of Virginia Hospital in Charlottesville. There is not sufficient insurance to take care of the tremendous bills that are nearing $70,000.

Your support will be greatly appreciated.

Local Strout Realty Representatives To Attend Seminar

Chuck Foster, branch manager, Kathy Meadows, saleswoman, and Betty Bowman, saleswoman, of the Strout Realty office in Appomattox, Virginia will meet with the North Carolina, South Carolina, Virginia and Georgia members of the nationwide Strout Realty, Inc. in Greensboro, North Carolina on September 17, 18, 19, 1979 at Holiday Inn-Airport.

This seminar is organized around the belief that those who want to sell real estate are best served when prospective buyers: know what it is they really want, know they can finance the purchase if that is necessary, and know the nature of the tax and legal implications of the purchase.

Participating in the seminar presentation from the Strout Home Office in Springfield, Missouri are: C.M. Robinson, Executive Vice President; R.K. Wilson, Executive Vice President/Legal; and R.C. Crosby, National Training Manager. W.J. Smith, Regional Manager from Columbia, South Carolina and the North Carolina, South Carolina, Georgia, Virginia Field Managers are also on the program.

PRECIPITATION

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This month - 3.40
This year - 34.74.

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